

Child Care Health Consultation Lesson Plan

Contractor Name: Cass County Health Department

Date Submitted: 9-23-13

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety

Select one standard and one level

Health and Safety Standards

- ☐ Promoting Risk Management Practices
- ☐ Protecting Children and Youth
- ☐ Promoting Physical Health
- ☐ Promoting Mental Health
- ☒ Promoting Healthy Eating

Training Levels

☐ 1 ☒ 2 ☐ 3 ☐ 4 ☐ 5

Source:

Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011

Title: Eating Healthy on a Budget and My Plate

Training Goal: Increase the knowledge on how to eat health on a budget and how to plan health meals and snacks

Learning Objective(s): Participants will

- Name 3 steps for healthy eating on a budget
- Develop a plan for meals and snacks ahead of time

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction – Explain the purpose of the workshop – Review the Learning Objectives	Lecture/ ppt/ Handouts	5
• Objective 1: Learn the three steps for healthy eating on a budget—planning, purchasing, and preparing – Review handout: Healthy Eating on a Budget		15
• Video: Budget Stretching Healthy Meals		3
• Objective 2: Learn how to plan meals and snacks ahead of time – Review handout: Weekly Meal Planner		15
• Activity – Review handout: Grocery List		10
• Increasing Physical Activity		4
• Review handout MyPlate and how to use 10 Tips to Eat Better on a Budget		3
• Wrap-up/Q&A		5
TOTAL TRAINING TIME = One (1) Clock Hour		60

Method(s) of Outcome Evaluation: Question and Answer and Pre/Post test

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Date Approved:
9/24/2013

Authorized Approval Signature:



Date Expires:
9/24/2016